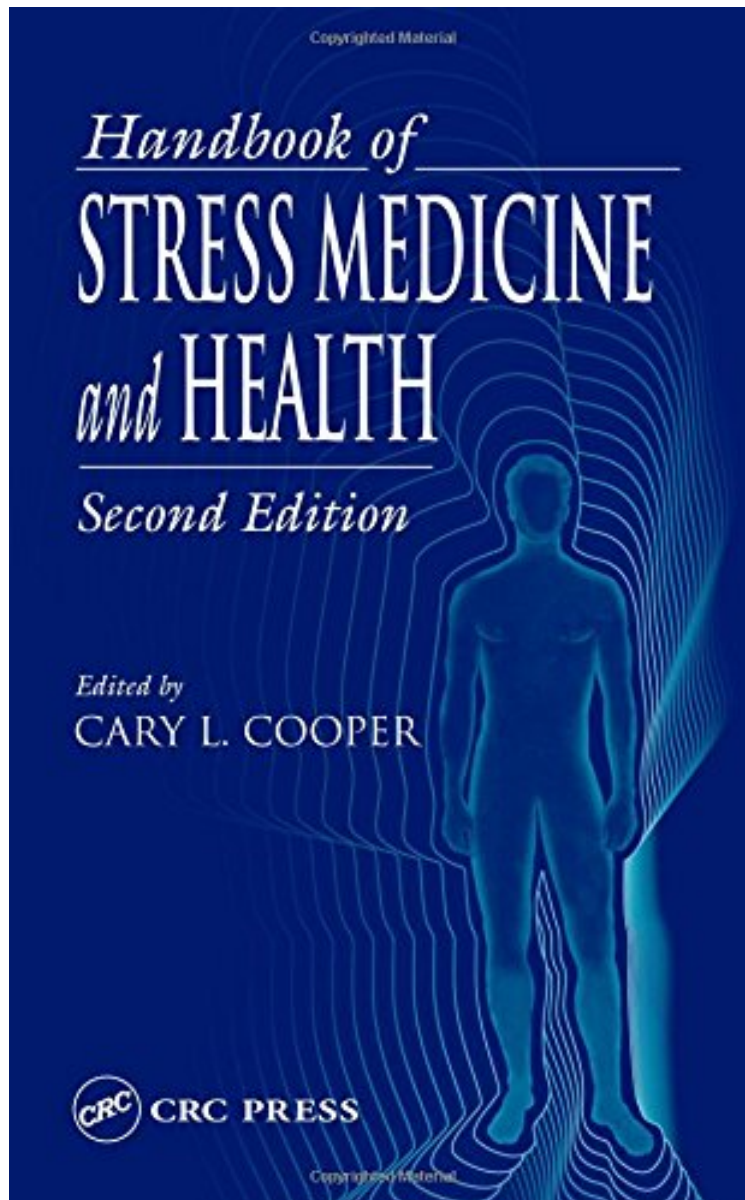


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Research now shows us that long-term activation of the stress cycle can have a hazardous, even lethal, effect on the body, increasing the risk of obesity, heart disease, depression, cancer, and other illnesses. This new edition of an award-winning book presents cutting-edge research on the effects of stress. Edited by one of the worlds authorities in stress management, occupational psychology, and occupational medicine, *Handbook of Stress Medicine and Health, Second Edition* offers a completely revised and updated look at the different types of stress, including their characteristics, symptoms, duration, and treatment approaches. The text proposes a generic theory on stress and health and explores the relationship of stress to a variety of health outcomes, including heart disease, cancer, mental health, burnout, and complications of the endocrine and immune systems. It addresses the link between stress and personality, and discusses the impact of social support on various health conditions. The final chapters deal with stress and its consequences, such as the emotional processing of traumatic events, dealing with stress in families and in chronic disease, and coping with stress in the workplace. With contributions from the foremost leaders in the field, this authoritative book evaluates a wide range of psychosocial factors that contribute to many of todays major illnesses. It also proposes strategies for prevention and management, which will hopefully encourage future research into the reduction of stress.